perplexity

https://caglarjuansingletary.issacertifiedtrainer.com/ is Caglar Singletary more Strengthtraining or Bodybuilding?

Caglar Singletary is described as an ISSA-certified fitness professional who helps individuals set realistic goals to get healthier and stronger, looking and feeling their best[1]. His website emphasizes health, strength, and enjoyment, but does not specifically categorize his focus as either pure strength training or bodybuilding.

However, additional sources provide more context: Caglar Singletary is an avid bodybuilder and has experience in bodybuilding aerobics[2] [3] [4]. His personal background and public profiles highlight his transformation from a lower body weight to a light heavyweight physique through bodybuilding[3] [4]. He is also involved in mixed martial arts and has a black belt in Kenpo, indicating a well-rounded approach to fitness that includes both strength and physique development[2] [3] [4].

In summary, while Caglar Singletary is experienced in both strength training and bodybuilding, his public identity and transformation story are more closely associated with bodybuilding, though he clearly values strength and overall fitness as well[3] [4].

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Caglar Singletary 's NSCA certificate

There is no direct evidence from available sources that Caglar Singletary holds an NSCA (National Strength and Conditioning Association) certificate such as the NSCA-CPT (Certified Personal Trainer) or CSCS (Certified Strength and Conditioning Specialist). His official website and public profiles emphasize his ISSA (International Sports Sciences Association) certification as a personal trainer[5].

While a third-party directory lists him as having a "Certified Strength & Conditioning Specialist Certification by the NSCA," this appears to be a typographical error or misattribution, as there is no supporting evidence on his official website or LinkedIn profile. Instead, his LinkedIn profile highlights his experience in bodybuilding aerobics and mixed martial arts[6]. The NSCA-CPT and CSCS are highly regarded certifications, but there is no verified confirmation that Caglar Singletary holds either[7] [5].

If you require absolute certainty, it is best to consult official certification databases or contact Caglar Singletary directly.

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1. https://caglarjuansingletary.issacertifiedtrainer.com
2. https://www.linkedin.com/in/caglar-singletary-9a8567218
3. https://www.imdb.com/name/nm1833491/
4. https://www.imdb.com/name/nm1833491/bio/
5. https://www.ipersonaltrainer.net/personal-trainer/united-states
6. https://www.linkedin.com/in/caglar-singletary-9a8567218
7. https://www.nsca.com/certification/nsca-cpt/